



**DENVER
HEALTH™**
— est. 1860 —
FOR LIFE'S JOURNEY

WALK WITH A DOC

Join your doctors on a monthly walk to benefit your health, learn about important health topics and meet new friends interested in improving their health with you.



**SATURDAY
SEPTEMBER 29
9 A.M.**

Cheesman Park
9th and Race
Meet west of the Pavillion,
look for our signs
Host: Dr. Sarah Roark
**Topic: Protecting yourself
in virus season**



**SATURDAY
OCTOBER 6
9 A.M.**

Belmar Library
Meet in front
555 S. Allison Pkwy., Lakewood
Hosted by Dr. Grace Alfonsi
**Topic: Mental Health and
Depression**
Guest speakers from
Jeffco Mental Health



**SATURDAY
OCTOBER 27
11 A.M.**

Rocky Mountain Lake Park
Meet on 46th Ave. side
near parking at Irving Ave.
Plenty of free parking
Hosted by Dr. Sarah Roark
Topic: Basics of COPD



**SATURDAY
NOVEMBER 3
9 A.M.**

Belmar Library
Meet in front
555 S. Allison Pkwy., Lakewood
Hosted by Dr. Grace Alfonsi
**Topic: Diabetes diagnosis
and prevention**



**SATURDAY
DECEMBER 1
9 A.M.**

Belmar Library
Meet in front
555 S. Allison Pkwy., Lakewood
Hosted by Dr. Grace Alfonsi
Topic: Influenza



**SATURDAY
DECEMBER 15
11 A.M.**

Sunken Gardens Park
Meet at corner of 8th Ave.
and Delaware
Hosted by Dr. Sarah Roark
**Topic: Current pneumonia
vaccine recommendations**